



Downham Walk

10th June 2012 11am

RWA Permit No: 17/11/80

**BMAF 20k
Champs. (A Race)
+ 10k Challenge
Open Walk (B)**

**BMAF Championship medals awarded.
Trophies in all Categories.**



Try an Olympic event !

< Downham Town Clock.
Just one of the sites of this lovely area.

Venue;
**The Federation Club, Lynn
Road, Downham Market,
Norfolk, PE38 9QE.**

[http://maps.google.co.uk/maps?
hl=en&tab=wl](http://maps.google.co.uk/maps?hl=en&tab=wl)

Weekend in Norfolk.
The 2nd year of this course.
Newcomers welcome.
Advice given

2.5k lap of quiet roads.

**BMAF 20k CHAMPS
10k Challenge walk.**

Entry; 20k - £8. 10k - £5

Surname.

1st Name

Age on Race day?

M / F BMAF Club?

Address;

Post Code

D.O.B.

Tel;

Email:

• **20k Race**

• **10k Race**

I hereby agree to participate in this event completely at my own risk and will not hold the organisers responsible for any unforeseen circumstances that arise from the event and cause me loss or injury. I accept the roads are open to traffic and it may be dangerous to walk on roads with traffic but it is my personal choice to do so. I further declare that I am physically fit to compete over the distance entered and will not hold the organisers responsible for any illness, injury or loss that occurs to myself either as a result of my travelling to, participating in, or as a result of having participated in the said event.

Date..... ..Signed

Please email or post this form to the address below.
Emailed forms must be signed in person on the day of the event.

P.Duhig
42 Wimbotsham Road,
Downham market,
Norfolk,
PE38 9PE

Phone: 01366 388188
Email: peter@peterduhig.plus.com.
Cheques payable to: Ryston Runners AC

Assisted By



Ryston Runners AC